



Black Bean Stuffed Sweet Potatoes

with Guacamole and Cheese

FAMILY

40 Minutes



Black Beans



Sweet Potato



Roma Tomato



Avocado



Lime



Cilantro



Garlic



Sour Cream



Cheddar Cheese, shredded



Corn Kernels



Mexican Seasoning

HELLO SWEET POTATOES

Whole roasted sweet potatoes make the perfect vessel for stuffing!

Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

Bust Out

Baking Sheet, Garlic Press, Silicone Brush, Small Bowl, Strainer, Zester, Large Non-Stick Pan, Aluminum Foil, Medium Bowl, Measuring Spoons

Ingredients

	4 Person
Black Beans	1 can
Sweet Potato	680 g
Roma Tomato	160 g
Avocado	2
Lime	1
Cilantro	14 g
Garlic	12 g
Sour Cream	12 tbsp
Cheddar Cheese, shredded	1 cup
Corn Kernels	113 g
Mexican Seasoning	2 tbsp
Sugar*	½ tsp
Oil*	
Salt and Pepper*	

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. ROAST SWEET POTATOES

Cut **sweet potatoes** in half, then brush cut sides with **1 tsp oil**. Transfer **sweet potatoes**, cut-side down, to a foil-lined baking sheet. Roast in **middle** of oven, until fork-tender, 22-24 min.



4. FINISH FILLING

Remove **sweet potatoes** from the oven. Let cool slightly, 2-3 min. Scoop out the inside of the **sweet potatoes** leaving a ¼-inch border of **sweet potato flesh**. Add the **scooped sweet potato, garlic** and **lime zest** to the pan. Stir to combine.



2. PREP & MAKE TOPPINGS

While **sweet potatoes** roast, cut **tomato** into ¼-inch pieces. Roughly chop **cilantro**. Drain and rinse **beans**. Zest, then juice **half the lime**. Cut **remaining lime** into wedges. Peel, then mince or grate **garlic**. Halve and pit **avocados**. Scoop **avocado flesh** into a medium bowl. Using a fork, mash in **half the cilantro** and **half the lime juice**, until smooth. Season with **salt** and **pepper**. Set aside. Stir together **tomatoes, remaining lime juice** and **½ tsp sugar** in a small bowl. Season with **salt** and **pepper**.



5. FINISH SWEET POTATOES

Set the oven onto **broil**. Return the **sweet potato skins** to the same foil-lined baking sheet. Fill the **sweet potato skins** with the **bean mixture**, then sprinkle over **cheese**. Broil in **middle** of oven, until **cheese** melts, 2-3 min.



3. START FILLING

Heat a large non-stick pan over high heat. When hot, add **1 tbsp oil**, then **corn, beans** and **Mexican seasoning**. Cook, stirring often, until **corn** has charred slightly, 5-6 min.



6. FINISH AND SERVE

Divide **stuffed sweet potatoes** between plates, then top with **guacamole, tomato salsa, sour cream** and **remaining cilantro**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!